

WHAT IS CLAIMED IS:

1. A method for preparing a ginseng preparation comprising 5 to 100% of ginsenoside Rg₃ with reference to the total combined ginsenosides of (Rb₁, Rb₂, Rc, Rd, Re, Rf, Rg₁, and Rg₃), and 1 to 15% of (Rg₃ + Rg₅ + Rh₁), prepared by adding
5 vinegar of pH 2 to 4 to ginseng or ginseng extract, and then heat-extracting it for 0.5 to 24 hours.

2. The method for preparing a ginseng preparation according to Claim 1,
10 wherein said ginseng preparation comprises 0.5 to 7.5% of Rg₃, 0.1 to 4.0% of Rg₅, and 0.2 to 3.5% of Rh₁.

3. The method for preparing a ginseng preparation according to Claim 1,
wherein said heating is performed at 70 to 150°C.

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4. The method for preparing a ginseng preparation according to Claim 1,
wherein said ginseng is overground or underground part of the genus *Panax* plant,
or extract prepared therefrom.

20 5. The method for preparing a ginseng preparation according to Claim 4,
wherein said genus *Panax* plant is selected from the group consisting of Korean ginseng (*Panax ginseng*), American ginseng (*Panax quinquefolium*), Sanqi ginseng (*Panax notoginseng*), Japanese ginseng (*Panax japonicum*), and Vietnamese ginseng

(*Panax vietnamensis*).

6. The method for preparing a ginseng preparation according to Claim 4 or Claim 5, wherein said overground or underground part of the genus *Panax* plant is
5 selected from the group consisting of fine ginseng root, white ginseng, red ginseng, fresh ginseng, taeguk ginseng, ginseng leaves, and ginseng fruits.

7. The method for preparing a ginseng preparation according to Claim 1, wherein said vinegar is brewing vinegar.

10 8. The method for preparing a ginseng preparation according to Claim 7, wherein said brewing vinegar is grain vinegar or fruit vinegar.

9. The method for preparing a ginseng preparation according to Claim 8,
15 wherein said grain vinegar is selected from the group consisting of rice vinegar, brown rice vinegar, malt vinegar, and wine lees vinegar, and the fruit vinegar is selected from the group consisting of persimmon vinegar, cider vinegar, wine vinegar, pear vinegar, citrus vinegar, strawberry vinegar, and plum vinegar.

20 10. The method for preparing a ginseng preparation according to Claim 1, wherein said ginseng preparation is prepared by adding vinegar of pH 2.0 to 3.0 to ginseng, and then heat-extracting it at 90 to 120°C for 2 to 24 hours.

11. The method for preparing a ginseng preparation according to Claim 1, wherein said ginseng preparation is prepared by adding vinegar of pH 2.0 to 3.0 to ginseng, and then heat-extracting it at a temperature lower than 70 to 90°C for 0.5 to 6 hours.

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12. The method for preparing a ginseng preparation according to Claim 1, wherein said ginseng preparation is prepared by adding vinegar of pH 3.0 to 4.0 to ginseng, and then heat-extracting it at 90 to 120°C for 0.5 to 6 hours.

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13. A ginseng preparation prepared by any method according to Claims 1 to 12, which comprises 5 to 100% of ginsenoside Rg₃ with reference to the total combined ginsenosides of (Rb₁, Rb₂, Rc, Rd, Re, Rf, Rg₁, and Rg₃).

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14. The ginseng preparation according to Claim 13, which comprises 1 to 15% of (Rg₃ + Rg₅ + Rh₁).

15. The ginseng preparation according to Claim 13 or Claim 14, which comprises 0.5 to 7.5% of Rg₃, 0.1 to 4.0% of Rg₅, and 0.2 to 3.5% of Rh₁.

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16. The ginseng preparation according to Claim 13 or Claim 14, which comprises more than 3% of citric acid.

17. The ginseng preparation according to Claim 13 or Claim 14, which

comprises 50 to 100% of ginsenoside Rg₃ with reference to the total combined ginsenosides of (Rb₁, Rb₂, Rc, Rd, Re, Rf, Rg₁, and Rg₃).

18. The ginseng preparation according to Claim 13 or Claim 14, which
5 comprises 5 to 50% of ginsenoside Rg₃ with reference to the total combined ginsenosides of (Rb₁, Rb₂, Rc, Rd, Re, Rf, Rg₁, and Rg₃).